



2018 - 2019 PERFORMANCE RECREATION TRADITIONAL - BUILDING

STUNT DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

TECHNIQUE

3.5 - 5.0 A team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form.

STUNT/PYRAMID DRIVERS	TOSS DRIVERS
Top Person/Body Control	Top Person
Bases/Spotters/Stability of the Stunt	Bases/Spotters
Entries/Transitions/Dismounts	Height
Obvious Mistakes	Cradle
Synchronization	Synchronization/Timing

STUNT/TOSS QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7



2018 - 2019 PERFORMANCE RECREATION TRADITIONAL - TUMBLING

STANDING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

JUMP DIFFICULTY

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 advanced jumps

TECHNIQUE

3.5 - 5.0 A team's ability to execute Standing Tumbling, Running Tumbling and Jumps with excellent precision and form.

STANDING/RUNNING TUMBLING DRIVERS	JUMP DRIVERS
Approach	Arm Placement
Speed	Leg Placement
Body Control	Hyperextension/Height
Landings	Landings
Synchronization	Synchronization

Teams must perform the required skill set or they will be given a lower score.

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch



2018 - 2019 PERFORMANCE RECREATION TRADITIONAL - OVERALL

STUNT CREATIVITY

2.0 - 2.5

Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

PYRAMID CREATIVITY

2.0 - 2.5

Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

DANCE

9.0 - 10

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor-work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE

9.0 - 10

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION

9.0 - 10

A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.



2018 - 2019 PERFORMANCE RECREATION TRADITIONAL - STUNTS

8.20.18

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> ¼ TWISTING TRANSITION TO BELOW PREP LEVEL ¼ DOWN TO GROUND LEVEL ¼ TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> ¼ TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB PREP LEVEL TIC TOC PREP LEVEL (LIB TO LIB) TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> ¼ TWISTING TRANSITION TO BELOW PREP LEVEL ¼ TWISTING TRANSITION TO PREP LEVEL ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION ¼ TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> PRONE PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS ½ TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> ½ TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> ½ TWISTING INVERSION TO EXTENDED STUNT ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERTED BELOW PREP LEVEL INVERTED AT PREP LEVEL DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> RELEASE TO PREP LEVEL OR BELOW SWITCH UP TO PREP LEVEL LIB BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> FULL UP BELOW PREP LEVEL FULL UP PREP LEVEL STUNT ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL UP TO PREP LEVEL 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG FULL DOWN FROM EXTENSION SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> FULL TWIST TO PRONE FROM PREP LEVEL EXTENDED 1 LEG STUNT SUSPENDED FRONT FLIP SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) SUSPENDED TWISTING FRONT FLIP TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION SWITCH UP TO PREP LEVEL BODY POSITION BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO PREP LEVEL BODY POSITION ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)



2018 - 2019 PERFORMANCE RECREATION TRADITIONAL - TUMBLING

8.20.18

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK